



# TALK TO PATIENTS ABOUT DENTURE & GUM HYGIENE!

Clinical research consistently finds that denture-wearers are at a significant risk of developing oral infections, and that the majority will become infected over time. *Candida Albicans*, *Streptococcus*, *Staphylococcus* and *Actinomyces* frequently colonize on dentures, and are the leading causes of Oral Thrush, Stomatitis and Pneumonia. The problem is so prevalent that millions of people are infected in just North America alone. Most of these people have been suffering from chronic low-grade infections for so long that they don't even know they are sick. The symptoms—redness, discomfort, white tongue and loss of taste—become normal.

Factors like age, medication, illness and habits can make people significantly more prone to oral infections. Many people continue to use their dentures well beyond the recommended replacement time, and do not know how to properly clean them. Medications can exacerbate the issue by disrupting the normal oral flora and/or causing dry mouth.

Unfortunately, these infections are often left untreated because when denture-wearers have a problem, they go to a drugstore, not a dental professional. That's why it is important for denturists to educate patients about the hygiene risks associated with oral appliances. Even though the number of denture-wearers keeps growing, there is still not much accessible information for people about proper denture and gum hygiene. I've seen this personally—I started my career as a denture technician before practicing dentistry for 35 years.

One of the most common problems is that many patients don't know that toothpaste is too abrasive for removable oral appliances. Dentures, Partial Dentures, Mouth Guards, Snoring Devices, and Retainers are softer than teeth so regular toothpaste and the old-fashioned denture-brush can damage dentures and actually

make them less clean. Though the scratches are microscopic, there will be a visible difference in shine, finish, and color, and the denture, like a biological sponge, will become the perfect breeding ground for dangerous pathogens to thrive.

Proper cleaning of the denture and the gums is essential for oral health. The ADA recently dedicated a special section of its newsletter to recommend that “the mouth cavity, tongue and the jaws should be well cleaned to remove all plaques, before putting on the clean denture” in an article titled “Vital Information about Types of Dentures and Their Care”.

It is important to educate your patients at the start. Always recommend an extra soft toothbrush used with a low-abrasive denture & gum paste, especially to remove adhesive from the denture and mouth. I recommend Cleanadent Paste because it has the added benefits of Aloe Vera, Coconut Oil, Tea Tree Oil and Vitamins A, D & E to reduce Dry Mouth and Irritation. This is especially important



because saliva regulates the normal levels of oral flora. Dry Mouth is almost universally experienced by denture-wearers, especially if they use adhesive, and this can lead to chronic infection and soreness.

While Dental Professionals are aware of the prevalence of oral infections, this often went undiscussed because there wasn't an easy way to prevent infections at home on a daily basis. Major brand denture cleansers can only claim to kill "odor-causing bacteria," and do nothing to prevent recurring diseases from infected dentures.

After years of treating denture-wearers suffering with these issues, I developed Cleanadent Crystals, a soak cleanser that instantly kills Candida, Strep, Staph and Actinomyces without harmful chemicals like bleach or chlorine. Now that I had something to recommend, I started having serious discussions on denture hygiene with my patients and I developed a list of cleaning instructions that I gave them with new dentures. After years of treating and listening to patients with the same age-old problems, I started seeing many less cases of Oral Thrush and Stomatitis. Other practitioners who began using this protocol also saw less infections over time, and patients reported having a better experience with their clean dentures and feeling better in general as the chronic infections diminished.

With information becoming ever more accessible and removable

prosthodontics continually growing, the dental community should do more to educate patients about maintaining their dentures, understanding the risks facing their oral health, and looking for the right products when developing a denture hygiene routine. An effective oral hygiene routine from the beginning will prevent a lot of problems later on.

1 Oral candidiasis: An overview. J Oral Maxillofac Pathol. 2014; 18(Suppl 1):S81-5 (ISSN: 0973-029X) Singh A; Verma R; Murari A; Agrawal A

Lorin Berland, DDS, is one of the most published authors on clinical dentistry and dental education with over 100 articles, best-selling books and instructional videos including the Lorin Library Smile Guide. Dr. Berland was recognized by the AACD for "Outstanding Contributions to the Arts & Science of Cosmetic Dentistry", and has been featured in major national print and TV publications for his work. Dr. B began his career as a denture technician, and after more than 35 years of listening to patients and running a multi-specialty practice, he has started Dr. B Dental Solutions with a line of products specially designed to treat the real issues affecting people with oral appliances, like Oral Infections and Dry Mouth, which can be found at [www.DrBDentalSolutions.com](http://www.DrBDentalSolutions.com). For more information, contact Dr. Berland at [info@drbdentalsolutions.com](mailto:info@drbdentalsolutions.com) or 1-844-372-3368 (DRB-

